

A recording and/or reproducing apparatus for causing data recorded on a first recording medium to be stored in a second recording medium. This recording and/or reproducing apparatus includes a reproducing unit for reading out data from the first recording medium at a transmission rate faster than a standard readout rate of the first recording medium, a storage unit for storing the data read out from the first reproducing unit, a recording unit for storing the data read out from this storage unit on the second recording medium and a controlling unit for controlling the operation of the reproducing unit, storage unit and the recording unit. The controlling unit causes data to be read out from the storage unit at a transmission rate equal to the standard recording rate of the second recording medium and routed to the recording unit to record the supplied data in the second recording medium.